

EQUANIMOUS

Meaning: Equanimous: exhibiting calmness and composure, especially in difficult or stressful situations.

1. Her equanimous demeanor in the face of adversity inspired everyone around her.
2. Even during the heated debate, he remained equanimous, calmly presenting his arguments without raising his voice.
3. To be equanimous under pressure is a rare and admirable trait that can lead to better decision-making.
4. The equanimous response of the meditation instructor helped the students find peace amid their chaos.
5. Despite the challenges ahead, she approached the situation with an equanimous spirit, ready to tackle anything that came her way.

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